

FIRST AID QUICK GUIDE

BLEEDING AND OPEN WOUNDS

1. Cover the injured area with a clean, folded cloth. *Flamely* apply pressure to the wounded area. If blood saturates the cloth, **DO NOT REMOVE**. Place another cloth on top of the first one and continue to exert firm pressure for 3-10 minutes.
2. Raise the wounded area above the level of the heart, if possible, while applying pressure.
3. Locate the pressure point closest to the wound and apply pressure so that your finger is pressing between the wound and the bone behind the artery. If the pressure point is located on the leg, use the heel of your hand rather than your finger.
4. If the bleeding does not stop in 10 minutes, call 911.
5. Use a tourniquet only as a last resort if steps 1 and 2 have failed to stop the bleeding. Keep a record of when the tourniquet was applied so you can alert medical personnel as to how long it has been in place. Be prepared to treat the victim for shock.

SHOCK

Symptoms can include the following:

- Looking pale
- Acting confused
- Skin is pale or flushed
- Breathing is irregular or weak
- Shivering
- Loss of consciousness

To treat shock, carry out the following steps:

1. Call 911.
2. Place victim on his/her back with the head level or slightly above the rest of the body. The victim should be on his/her back if no other injuries.
3. Loosen clothing so the victim can breathe more easily.
4. Keep victim warm with a blanket if skin is pale and cool.
5. If skin is hot and flushed, use cool, damp towels until skin returns to normal temperature. Place a blanket on victim to keep him warm.
6. Never give a shock victim any food or liquids.

BURNS

Chemical or Compressed Gas/Burns:

- Flush the burned area with cold water and remove the victim's affected clothing.
- Apply burn ointment to the burn (or use home petroleum jelly or a mixture of baking soda and water).
- Cover loosely with a bandage.
- Treat for shock.
- Call 911.

Heat/Thermal Burns:

- Submerge affected area in cool (not cold) water, or wrap loosely with a wet cloth.
- Gently pat dry and cover with a bandage.
- Do not use sprays or ointments for second and third degree burns.
- Call 911.

HEART ATTACK/STROKE

Symptoms of a **HEART ATTACK** include the following:

- Chest pain below the breastbone which radiates to the chest, arms, shoulders, neck, teeth, jaw and back.
- Victim may experience sweating, nausea, abdominal pain, vomiting, discomfort described as indigestion, shortness of breath and extreme anxiety.
- Skin and nails may be bluish in color.

Symptoms of a **STROKE** include:

- Slurring of words.
- Mental confusion.
- Loss of balance.
- Paralysis or weakness of a specific part of the body, and/or
- Loss of consciousness.

To treat **HEART ATTACK** or **STROKE** victims, you should:

1. call 911 immediately.
2. Have victim sit or lie down, rest, and keep warm and calm.
3. Assist victim in taking his/her medication if victim has a heart condition, and
4. perform CPR if victim is unconscious and unresponsive.

EYE INJURIES

If splashed by a **chemical**, saturate the eye with running lukewarm water while spreading the lids apart until medical help arrives. Be sure that run-off, contaminated water does not enter the other eye.

If a **foreign object** is in the eye, do the following:

- Remove the object with the corner of a clean cloth or cotton swab, if the object is visible.
- If the object is not visible, pull upper lid out and over the lower lid. Tears should wash the foreign object from the eye.
- Saturate the eye with clean, cool water.
- Put gauze or a cotton pad on the eye and loosely attach with a bandage.
- See an eye specialist or go to the emergency room if the eye continues to cause discomfort.

POISONING

- If victim is unconscious or having convulsions, call 911. Perform CPR if necessary. Loosen clothing if victim is having convulsions.
- Call Poison Control or 911 and provide information about the poison, if known, and the victim's current condition.
- If the poison is a corrosive substance, a petroleum product, or unknown, do not induce vomiting.
- If the poison is known and is not a corrosive substance or petroleum product, induce vomiting. To do so, administer one ounce of special syrup (1 1/2 ounces for a child), accompanied by four or five glasses of water. Repeat procedure in 20 minutes until victim vomits. After vomiting, provide one ounce of powdered, activated charcoal in water.
- Take the poison and the victim to the hospital.



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Basic First Aid Quick Reference Guide

Hollis Morales

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Basic First Aid Quick Reference Guide:

Comprehensive First Aid Guide Adil Hussain, Mamta Bhandari, 2025-06-25 Provides comprehensive and in depth coverage of all essential first aid topics from minor injuries to major emergencies Content is thoroughly based on updated medical guidelines and evidence based practices for safe and effective care Written in clear simple language to ensure easy understanding by students teachers and the general public Includes informative illustrations and diagrams to visually support learning and practical application Organized in a quick reference format to help readers access vital information rapidly during emergencies Each chapter concludes with concise summaries and key points to reinforce learning and aid in revision Real life case studies and practical examples are integrated to demonstrate real world application of first aid skills

The Complete First Aid Pocket Guide John Furst, 2018-11-13 From minor cuts and burns to heart attacks and strokes this handy take anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness and those that are more serious with this essential handbook Each section of The Complete First Aid Pocket Guide includes a quick list of signs and symptoms to look for and step by step first aid instructions for dealing with each situation all in user friendly simple language that is easy to understand Medical issues covered include First aid basics including roles and responsibilities of a first aider managing an incident activating emergency services and infection control Lifesaving skills including the recovery position cardiopulmonary resuscitation CPR and use of an automated external defibrillator AED Minor injuries and conditions including soft tissue injuries splinters blisters eye injuries nosebleed diarrhea and vomiting Traumatic injuries including severe bleeding amputation shock fractures crush injuries burns and head and neck injuries Medical emergencies including heart attack stroke asthma anaphylaxis hypoglycemia meningitis seizures poisoning and emergency childbirth Environmental conditions including hypothermia frostbite heat stroke sunburn and lightning strike Pediatric emergencies and illnesses including assessing an unresponsive child or baby pediatric cardiopulmonary resuscitation CPR choking croup and febrile seizures First aid kit lists for home vehicles and outdoor use With an appendix featuring an A to Z list of every condition covered it is easy for you to quickly find the exact information you need in any situation you may face With its small trim and portable size The Complete First Aid Pocket Guide is the perfect addition to a home first aid kit car first aid kit disaster survival bag as well as a pocket companion for EMTs and other first responders in the field

Dental Emergencies: A Quick Reference Guide for Dental Professionals Pasquale De Marco, 2025-03-22 In the fast paced world of dentistry emergencies can happen in an instant Dental professionals need to be prepared to handle a wide range of situations from minor injuries to life threatening emergencies This comprehensive guide provides dental professionals with the essential knowledge and skills needed to manage any dental

emergency with confidence With clear and concise instructions this book covers everything from assessing the situation and providing first aid to administering emergency medication and coordinating with other healthcare providers Inside you ll find Step by step instructions for managing common dental emergencies such as toothaches chipped teeth and knocked out teeth In depth guidance on handling medical emergencies that can occur in a dental setting such as heart attacks strokes and allergic reactions Detailed explanations of CPR and other life saving techniques Proven strategies for controlling bleeding managing pain and reducing swelling Best practices for treating oral infections and trauma Tips for communicating effectively with patients in emergency situations With its user friendly format and evidence based content this book is an invaluable resource for any dental professional who wants to be prepared for anything Whether you re a seasoned dentist or just starting out this book will help you provide the best possible care to your patients in their time of need Don t wait until an emergency strikes Order your copy of this essential guide today and be prepared to handle any dental emergency with confidence If you like this book write a review

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Kid's Outdoor Survival Handbook: Fire, Shelter, Water, and Wilderness Skills Revealed Hollis

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Ultimate Survival Skills: Expert Tips For Conquering The Wild And Beyond Waldo Donaldson,2025-04-03 In a world where the unexpected is always around the corner being prepared can make the difference between life and death This guide equips you with the knowledge and skills necessary to survive and thrive in the most challenging environments From dense forests to arid deserts from snow covered mountains to bustling urban landscapes the strategies outlined in this book cover every aspect of survival Whether you re a seasoned adventurer or a novice exploring the great outdoors this comprehensive manual is your key to mastering the wild The content of this book delves into essential survival techniques that encompass shelter building fire starting water procurement and food gathering You ll learn how to identify edible plants and insects trap small game and forage safely Detailed instructions on creating effective shelters from available materials will keep you protected from the elements Fire starting methods using both traditional and modern tools ensure you can stay warm cook food and signal for help Water the essence of life becomes accessible through proven purification techniques keeping you hydrated and healthy Surviving in the wild also means being prepared for medical emergencies

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